



MARDEN NEWS

The monthly newsletter from Marden Medical Practice April 2023



Diabetes is a condition that causes a person's blood sugar level to become too high.

There are 2 main types of diabetes: type 1 diabetes – a lifelong condition where the body's immune system attacks and destroys the cells

that produce insulin: type 2 diabetes – where the body does not produce enough insulin, or the body's cells do not react to insulin properly Type 2 diabetes is far more common than type 1 and, in the UK, over 90% of all adults with diabetes have type 2.

High blood sugar that develops during pregnancy is known as gestational diabetes and it usually goes away after giving birth.

NHS Diabetes Prevention Programme (NHS DPP) = Preventing type 2 diabetes Whilst type 1 diabetes cannot be prevented, type 2 diabetes is largely preventable through lifestyle changes. Around nine out of 10 people with diabetes have type 2 and there are currently two million people in England at high risk of developing type 2 diabetes, which is a leading cause of preventable sight loss in people of working age and is a major contributor to kidney failure, heart attack, and stroke. For people living with type 2 diabetes, the risk of dying in hospital with COVID-19 is also twice that of people who don't have the condition.

As well as the human cost, type 2 diabetes treatment accounts for around 10% of the annual NHS budget.

Healthier You NHS Diabetes Prevention Programme

The Healthier You NHS Diabetes Prevention Programme, also known as the Healthier You programme, identifies people at risk of developing type 2 diabetes and refers them onto a nine-month, evidence-based lifestyle change programme. It is a joint service from NHS England and Diabetes UK.

The Healthier You programme is available both as a face-to-face group service and as a digital service. When referred into the programme, people are free to choose between the two.

People on the face-to-face group service receive personalised support to manage their weight, eat more healthily and be more physically active – which together have been proven to reduce a person's risk of developing type 2 diabetes.

The digital service offers similar support but through the use of digital tools such as wearable technologies that monitor levels of exercise, apps where users can access health coaches, online peer support groups and the ability to set and monitor goals electronically.

Research shows the Healthier You NHS Diabetes Prevention Programme has reduced new diagnoses of type 2 diabetes in England, saving thousands of people

Useful Numbers

- Health Visitors 452300
- District Nurses 277709
- RSH 261000
- Family Planning 283382

Pharmacies

- Rowland's On Site 369446
- Asda 276810
- Sainsbury's 244744
- Taylor - Radbrook 249931
- Williams Co-op 344277
- Conway 352352
- Lunt's - Hereford Rd 351918
- Boots - Pride Hill 351311
- Rhodes 343998
- Boots - Cophthorne 350747
- Lloyds - Riverside 344523
- Tesco 845449
- Pharmacy Express 245715



from the potentially serious consequences of the condition. It cuts the risk of developing type 2 diabetes by more than a third for people completing the programme.

If you have any general queries about the Healthier You programme, please email england.ndpp@nhs.net.

Bowel Cancer Screening Programme

BOWEL CANCER SCREENING

NHS England's new 'Bowel Cancer Screening' campaign has launched featuring the engaging 'Ribbon Dancer' creative. This latest phase of NHS England's 'Help Us, Help You' campaign is designed to encourage people who are sent the NHS bowel cancer screening home test kit to complete and return it. The campaign launched on Monday 20th February and runs until 31st March 2023. It is supported by Cancer Research UK.



NHS bowel cancer screening checks if you could have bowel cancer. It's available to everyone aged 60 to 74 years. The programme is expanding to make it available to everyone aged 50 to 59 years. This is happening gradually over 4 years and started in April 2021.

You use a home test kit, called a faecal immunochemical test (FIT), to collect a small sample of poo and send it to a lab. This is checked for tiny amounts of blood. Blood can be a sign of polyps or bowel cancer. Polyps are growths in the bowel. They are not cancer, but may turn into cancer over time. If the test finds anything unusual, you might be asked to go to hospital to have further tests to confirm or rule out cancer.



Screening is offered because regular NHS bowel cancer screening reduces the risk of dying from bowel cancer which is the 4th most common type of cancer. Screening can help prevent bowel cancer or find it at an early stage, when it's easier to treat. Always see a GP if you have symptoms of bowel cancer at any age, even if you have recently completed a NHS bowel cancer screening test kit – do not wait to have a screening test.

Everyone aged 60 to 74 years who is registered with a GP and lives in England is automatically sent an NHS bowel cancer screening kit every 2 years. The programme is expanding so that everyone aged 50 to 59 years will be eligible for screening.

The NHS bowel cancer screening kit used in England is the faecal immunochemical test kit – known as the FIT kit and instructions come with the kit. Your test result should be posted to you within 2 weeks of sending off your kit. There are 2 types of result: No further tests needed or Further tests needed.

No further tests needed: this result means no blood was found in your poo sample, or only a tiny amount was found; you do not need to do anything at this time. About 98 in 100 people do not need further tests.

Further tests needed: this result means blood was found in your poo sample; you do not necessarily have bowel cancer (the blood could be the result of something like piles) but you'll be offered an appointment to talk about having another test called a colonoscopy to look for the cause. About 2 in 100 people are asked to have further tests.

Call the free NHS bowel cancer screening helpline on 0800 707 60 60 if: you have not had your result after 2 weeks from when you sent off your kit; you want to know more about screening; you do not want to be invited for NHS bowel cancer screening.

Contact Information

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Medical Emergencies out of hours number: 111